

AQUATICS

Delta/Waverly Aquatics

General Registration Procedures and Information

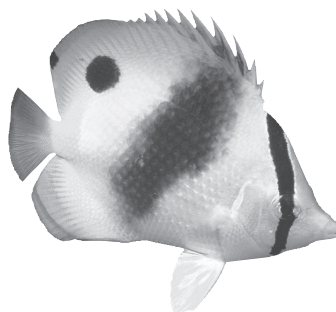
You may register for swim classes at the Delta/Waverly Activities Office beginning **May 26, 2004** during the regular office hours listed to the right. You may also register by phone with a credit card (Visa, Master Card, or Discover Card). Payment must be received at the time of registration. The minimum number of students required to run a class is one half of the listed class limit. Punch cards can be purchased at the Delta/Waverly Activities Office during office hours. They may also be purchased at class when paying by check only.

The pool will be closed May 31, July 2, July 5, August 1-August 15.

An adult, 18 years of age or over, must remain in attendance during swim lessons and open swims with no more than five youth swimmers under their supervision.

Make-ups for missed swim lessons will only be given due to Waverly pool closings. Please remember that severe weather may temporarily close the pool. Please call the cancellation number at 484-9322 or listen to local TV and radio broadcasts about possible Waverly school closings.

All patrons must observe the NO SHOES rule in the shower rooms and on the pool deck. Please shower before pool use to remove dirt, lotions, perfumes, hair products, etc. Infants must wear a swim diaper plus rubber pants (not a regular diaper) in the pool. Please remember, no opposite sex children older than five years may be in the locker rooms.



Adult Water Exercise

The exercise classes below are each 45 minutes long. You do not need to be a swimmer to participate! All classes are taught by certified instructors.

Punch cards: 10 classes per card

Ages 54 and under: \$35

Ages 55 and over: \$30

Drop-In Fee: \$6 per person, per visit

Arthritis Foundation Aquacise

A gentle workout focused on joint movement and flexibility. Your body will love it!

M/W/F, 11 a.m.-12 p.m.

Arthritis Plus Foundation Aquacise

This class is designed for those who want to add cardiovascular and strength elements to their arthritis workout.

Tu/Th, 10-11 a.m.

M/W, 6:45-7:30 p.m.

Splash Aerobics

An energetic, cardiovascular water workout that leaves you feeling refreshed and revitalized!

M/W/F, 9-10 a.m. (Splash)

M/W/F, 10-11a.m. (Low impact)

M/W/F, 3-4 p.m. (Walk/Run)

M/W, 6-6:45 p.m. (Splash)

Tu/Th, 9-10 a.m. (Deep Water)

Tu, 6-6:45 p.m., starts 6/22 (Deep Water)

W, 6-6:45 p.m. (Deep Water)

Activities Office

The Delta/Waverly Activities Office is located at Waverly East Intermediate School, 3131 West Michigan Avenue in Lansing.

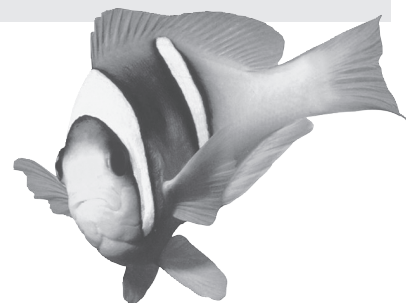
Hours: 10 a.m.-3 p.m., Monday-Friday

Phone: 484-5600

Cancellations or changes: 484-9322

Pool Location

The pool is located within Waverly East Intermediate School. Please park in the east parking lot.



Family Swim

Hey, everybody! Come get wet! Grab a towel and bring a friend for open swim.

Tu/Th, 12-1 p.m.

Tu/Th, 7-8:30 p.m.

F, 1-2:30 p.m.

Punch cards: \$20 for 10 visits

Drop-In Fee: \$3 per person, per visit

Lap Swim

M/W/F, 12-1 p.m.

M/W, 5-6 p.m. and 7:30-8:30 p.m.

F, 4-5 p.m.

Punch cards: \$20 for 10 visits

Drop-In Fee: \$3 per person, per visit

Private Swim Lessons

Private lessons are available for adults or children. The cost for four 1/2 hour lessons is \$100 per person or \$80 per person for semi-private lessons, limited to two persons with similar skills. Private lessons are arranged by appointment only. Please call the swim coordinator at 267-1783 to schedule your session.